

John Poehler Proudly Announces the Release of His Nonfiction Book - This War Within My Mind

Based on the blog [The Bipolar Battle](#)

Fort Collins, Apr 4, 2020 ([IssueWire.com](https://www.issuewire.com)) - John Poehler is proud to offer his debut book - This War Within My Mind - released on March 27, 2020. John is an award-winning mental health advocate, award-winning blogger, and winner of a WEGO Health Award. He has been a guest on various podcasts and radio shows. John is diagnosed with a severe form of bipolar disorder type 1.

This War Within My Mind is an informative how-to gameplan focused on how to manage bipolar disorder. It is written from John's perspective, and he has been fighting the disorder for the past 20 years.

John's book is a transparent look at bipolar disorder and how it impacts the lives of those diagnosed. As a patient himself, John discusses the reality of living with a severe mental illness and how to manage it on a daily basis.

You can find John's new book on Amazon, by using the link <https://amzn.to/39JTTrH>, or by visiting his website [The Bipolar Battle](#).

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